

FLIGHT JACKET

Vol. 8, No. 44

Marine Corps Air Station Miramar, Calif.

November 3, 2006



PHOTO COURTESY OF MCAS MIRAMAR SAFETY OFFICE

Cracking Down ON Motorcycle Safety

Ride Right Campaign
focuses on leadership,
mishap prevention

With 11 out of 25 serious motor vehicle accidents in Marine Forces Pacific last fiscal year happening on a motorcycle, commanders are cracking down on motorcycle safety requirement and mandating leaders get involved. For full story, see page 14.

Mandatory anthrax vaccinations coming soon

COMPILED BY

MCAS Miramar Public Affairs Office

The Department of Defense announced Oct. 16 they will resume the mandatory Anthrax Vaccine Immunization Program, also known as AVIP, for military personnel, mission-essential DoD civilians and contractors, assigned to certain geographic areas of the world.

The military first instituted these vaccinations in 1991 to protect troops against possible anthrax attacks during the Persian Gulf War.

In December 2004, a Federal District Court Judge ruled that forcing troops to take the vaccination was illegal, because the Food and Drug Administration failed to declare the vaccine safe and effective against all forms of anthrax.

After the decision by the judge, the FDA issued its final

GO TO ANTHRAX, PAGE 3

Marines head to local schools, talk drugs

Miramar Marines focus on Red Ribbon Week's drug-free message

STORY AND PHOTO BY

LANCE CPL. GEORGE J. PAPAISTRAT
MCAS Miramar Combat Correspondent

Marines from Marine Corps Air Station Miramar volunteered

at local schools Oct. 23-30 to support the national Red Ribbon week campaign.

These Marines took time off of their busy daily work schedules to help out at ten different local schools to educate children about

drug awareness during National Red Ribbon Week.

A total of eight Marines and

GO TO RED PAGE 3



Lance Cpl. Brandy Petty, left, and Cpl. Danelia Davidson act out a skit with Emmuel Reyes, a Mason Elementary school student Oct. 25. These Marines volunteered their time to educate the young children on drug awareness during national Red Ribbon Week.

MCAS Web site

Want to know all the buzz, then check out the Flight Jacket on-line.

www.miramar.usmc.mil



HORSIN' AROUND

A professional horse trainer spent the weekend at the Miramar Stables to teach some advanced horse riding techniques.

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REACH US



EDITORIAL
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My service in the military is ending. What do I do now?

This is a question many transitioning out of the military face every year, 281,074 service members in 2005 to be exact. A few retire and enjoy the fruits of their time in the service, others attend or return to school to further their education, while the overwhelming majority continues to work in the civilian sector. For many of these in the last group finding a career can be a challenging and sometimes intimidating task, but don't worry, there are many resources to assist you in your search both military, (such as the Career Resource Center,) and civilian, (state employment agencies.) Many people successfully go through the same type of situation every year and many ask themselves these same questions:

- With so many choices, where do I go? Do I stay in San Diego, go back home or set roots in new places? Cost of living and the availability of jobs should be key decision makers.
- What are all the types of industries out there where can I begin my new career? Do you want to work behind a desk or do I want to work outside? Do I want to try something completely new? Do I want a job or a career? Think about it, there is a difference!
- Do I have the "tools" necessary to make this life changing endeavor?

**Qualified candidates contact Daniel Castillo
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a resume to:
FSrecruiter@fmcti.com**

To successfully search out, secure and retain great careers is simple if you have the right "tools." One of these tools at your disposal is a career fair. Here you have available to you many different types of industries that are actively seeking candidates. To get the maximum out of career fairs try the following:

- Take time before the career fair to find out which companies will be present. Learn something about the companies before you approach their recruiters and don't just concentrate on the "big names." There are often great opportunities with companies with which you are not familiar with.
- Have a game plan and focus on the companies that interest you. Do a little advanced research so you can make an intelligent comment about the company. Try something like "I understand that company XYZ may be opening a branch in ABC. Do you think that will expand its overall product mix?" When you engage a recruiter in intelligent dialogue, you stand out. This is key when you realize a recruiter may speak to 200 or more potential candidates that day.
- Do not just drop your resume on the employers' display table. Try to get it into a person's hands and say at least a few words.
- First impressions are important. Approach a recruiter, smile, and offer your hand when you introduce yourself. Prepare a two or three line script about yourself for the first few minutes of conversation. If you like what he or she has to say hand the recruiter a copy of your resume and be prepared to expand on it quickly.
- Tell the recruiter your name, your present occupation, and the kind of employment you are looking for. Follow with your career interest, and why you approached the company's table. Remember that even though you may be an aircraft mechanic, for example, those skills can be applied to many other fields.
- If you have a real interest in an employer, find out the procedures required to secure an interview. Knowledgeable recruiters will be able to tell you. At some career fairs, initial interviews may be done on the spot. Other times, the career fair is used to prescreen applicants for interviews to be conducted later.
- Remember, a career fair is a professional event - perhaps your first contact with a future employer. Don't come dressed as if you're going to the beach!
- Finally, don't leave empty handed, take business cards from the recruiters you have met and the contact information to write follow-up notes to those organizations in which you are most interested.

Job fairs are one of the best opportunities to see a number of companies in a single day, so make copies of your resume, dress to impress and good luck!

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ANTHRAX,

CONTINUED FROM PAGE 1

rule, stating that anthrax vaccine is effective in preventing anthrax disease regardless of the type of exposure.

Eight separate independent reviews also had determined the licensed vaccine is safe and effective, including the National Academy of Sciences' Institute of Medicine.

"The DoD is standing behind the extensive testing and education that the vaccine is both safe and effective against all forms of anthrax," said Navy Capt. Robert G. Schultz, the force surgeon for U.S. Marine Corps Forces, Pacific.

Within 30 to 60 days, the DoD will implement instructions for military services to resume mandatory vaccinations, he said.

The vaccinations are mostly limited to members of military units designated for homeland defense, U.S. forces located in the U.S. Central Command area of responsibility, and Korea.

The immunization program will include personnel assigned to these higher-threat areas for 15 or more consecutive days. If possible, service members will begin vaccinations up to 60 days before their deployment.

Also, DoD personnel previously immunized against anthrax, who are no longer deployed to higher threat areas, will be allowed to receive fol-



low-up vaccine doses and booster shots on a voluntary basis, according to a DoD press release.

"The anthrax vaccine will protect our troops from another threat – a disease that will kill, caused by bacterium that has already been used as a weapon in America, and that terrorists openly discuss," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, in a DoD press release.

Around 50 percent of military service members received the vaccinations under the current voluntary vaccination policy.

"The percentage is probably higher in the Marine Corps, because the medical staff works really hard to properly educate the Marines and Sailors about anthrax and the protective series of vaccinations," said Schultz. "The threat is real, so making the vaccinations mandatory helps us improve the Marine Corps' combat readiness and effectiveness."

RED,

CONTINUED FROM PAGE 1

five members of the counseling office participated in the children's education.

The purpose of the visits were to provide an opportunity for Marines and sailors here to interact with young people at an early ages, according to Dr. Nathaniel L. Lowe, counselor, Substance Abuse Counseling Center, MCAS Miramar.

"These (service members) should be viewed as role models because, that is what they are," Lowe said. "It makes a huge impact on our young people and that's what 'Saying no to Drugs' is all about."

The children's faces shined with enthusiasm as they saluted and shouted at the Marines.

Kristen Smith and Emmuel Reyes, two Mason 4th grade elementary students, explained how thrilled they felt after working with the Marines.

More than a quarter of the students at the Mason Elementary school students come from military families, explained Barbara Shortill, a parent volunteer at the school.

"I have been working with the school for years and the teachers appreciate everything the Marines do," she said. "It is important to learn about drugs, and community

building with the military and the children."

Master Sgt. Patrick St. Louis, electronic key management systems manager, Marine Corps Air Station Miramar, is one of the many Marines who spoke at the schools.

"I love the kids," he said. "I feel like all the kids need a positive role model to keep them out of trouble. If I can save one (child) from doing drugs, then it's worth my time."

Red Ribbon was observed throughout the week and on-base events kicked off with a drug and alcohol safety stand down at the Bob Hope Theater here Oct 23. Red Ribbon Week is in

memorial of the murder of a DEA agent, Enrique "Kiki" Camarena, a former Marine who trailed Mexico's marijuana and cocaine barons in 1985.

Miramar helped support the week with different events, such as a 5K Drug-Free run, speaking at the Miramar Youth Center, and sending Marines to local school districts to visit with children.

As the Marines left the school the kids repeated a lesson well-learned – "Drugs can kill you. It's not good to drink. Say no to drugs."

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Miramar Stables host clinic with personal trainer

**STORY AND PHOTOS BY
LANCE CPL. GEORGE J. PAPASTRAT**
MCAS Miramar Combat Correspondent

The Miramar Stables held a horse riding clinic Oct. 21 and 22 with a professional horse trainer.

Steve Holt, a personal horse trainer from Zanadu Farms Clinic in Hemet, Calif., came to the stables to give lessons to students, and give a free show to the Miramar service members and their families.

"Our event this weekend, hosted by Holts Horse Help Clinic, was very successful," said Carla Nelson, Miramar Stables Business Manager, MCAS Miramar.

"The riders spent two days truly understanding horsemanship, from balance, to safety and control and to confident riding."

The stables offers regular lessons for people looking to learn basic horse riding skills, but they don't have someone on staff who can teach at a higher level, explained Abigail Ambulo, recreational assistant for the stables. That's where Holt's expertise comes in.

"We have three trainers here that can provide basic lessons, but we don't have the staff to teach more

advanced skills," Ambulo said. "Steve provided advanced training to the riders here in areas like leg usage and problem solving."

Holt's lessons focused on things such as balance, leg usage, ground work, safety and control.

"During the lessons we do many things just as the Calvary would have done, such as passing a baton," said Holt.

Everyone was grateful Holt came out to share his skills.

"We look forward to him coming back," Ambulo said.

Holt explained he was thankful for the opportunity to come onto base and work with the riders here.

"I have been doing this for more than eight years," Holt said. "It's great when people come out to watch and take lessons."

The clinic is just one example of the programs Marine Corps Community Services plans to bring to the stables, explained Nelson. The stables plans to host the Steve Holt clinic come again sometime in the spring.

The horse stables will also hold a Veterans Day camp Nov. 10 from 9:00 a.m. – 2:00 p.m., where beginners to advanced are welcome.

"The riders spent two days understanding horsemanship, from balance and safety, to confident riding."

**Carla Nelson
business manager**

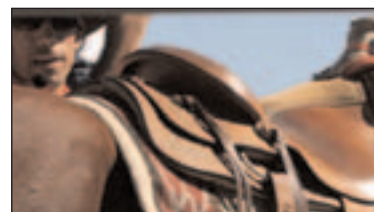


Steve Holt, a personal horse trainer, passed a baton to a student during a session of lessons as well as a free show to the Miramar service members Oct. 21 and 22. Miramar's horse stables are open to the general public daily and offer housing for trailers as well as animals.

www.miramar.usmc.mil

Students will learn horsemanship skills, riding skills, and fun horse games. No horse

The Miramar Stables, located outside of the East gate on Miramar, can be contacted by calling 858-577-4139.



Riders at the Oct. 21-22 weekend horse training learned more advanced horsemanship techniques, such as leg usage and ground work.



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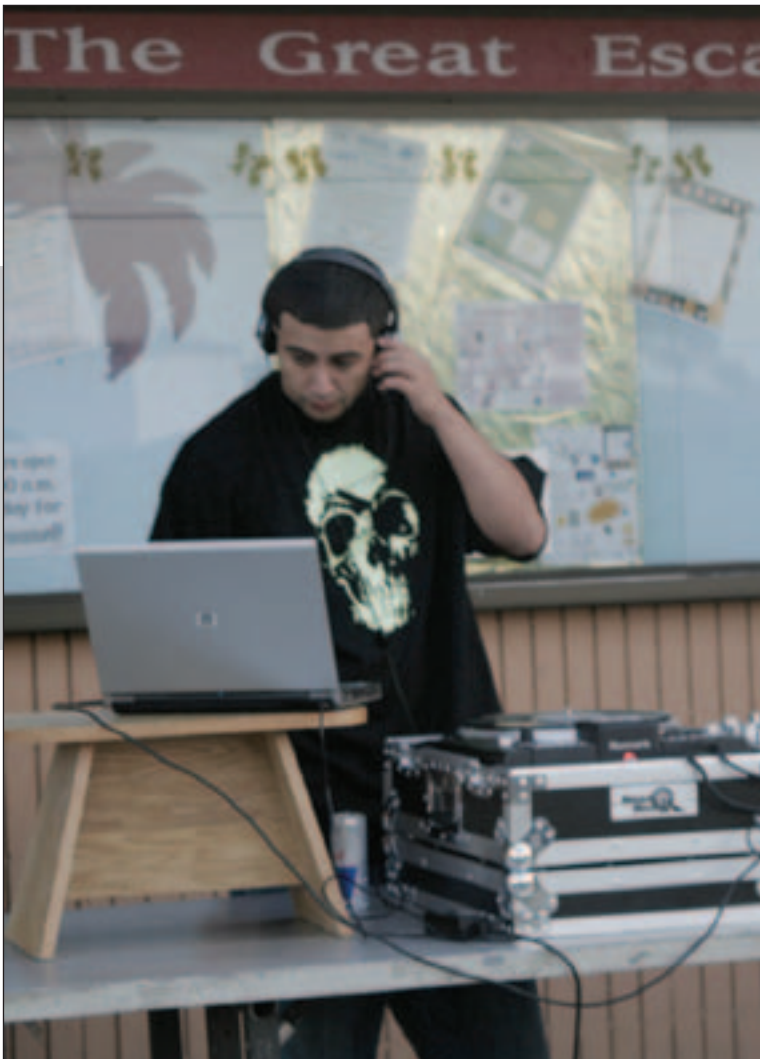
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A live DJ kept the music going through the night while people ate played laser tag and challenged each other in big glove boxing.



Sgt. James Hairner, web master, 3rd Marine Aircraft Wing, carves pumpkins for the pumpkin carving contest at Wednesdays Barraks Bash.



Marines come decked out in their halloween costumes for the costume contest, and some just for the fun of dressing up.

“We wanted to do something so that the Marines could come out have a good time at that didn’t cost them a lot of money.”

Sgt. Maj. Mark Kellisen
sergeant major
MCAS Miramar

Barracks Bash brings holiday fun for Marines

Marines patricipate in fun games to keep morale high during holiday

Withces, cats, vampires, and even some Marines, were present at the Halloween Barracks Bash held Oct. 25 at the Great Escape.

All Marines stationed here were invited to the bash to delve into a little pumpkin carving contest, rock-wall challenge and costume contest. There was also a live DJ, laser tag, big glove boxing, and plenty of free food for all who attended to enjoy.

The purpose of the bash, sponsored by the Marine Corps Community Services Single Marine Program, was to help bring a little holiday fun to the Marines that live in the barracks.

“We wanted to do something so that the Marines could come out have a good time at that didn’t cost them a lot of

money,” said Sgt Maj. Mark Kellisen, sergeant major, MCAS Miramar, who has also been a single Marine his entire career.

More than 100 Marines showed up to enjoy the free festivities and more than a few palates were pleased.

“This food they brought is great and that magician that was out here earlier did some pretty cool tricks,” said Lance Cpl. Eric House, network manager, computer network support department, MCAS Miramar. “It’s nice that (MCCS) set all this up.”

Comedian, stunt man and magician, Jeff Steele, coaxed people to the free comedy show held later that night by doing magic tricks around the bash.

“I just came back from entertaining the troops in Iraq,” said Steele. “I’m glad to come out and do things like this, I’m

retired Army, I know how it is.”

His comedy show kicked off at 9 p.m., also featuring fellow comedians Ace Guillen and Mitch Feingold.

“I really enjoyed the show and think that it’s great that the comedians came out,” said Cpl. Kyle B. Jones, flight planner, MCAS Miramar. “It’s great the Marines got to kick back and relax.”

After all the contests were over and everything was said and done, the Marines got to walk away with some thing they normally wouldn’t have been able to have; a little touch of home.

“I was glad I could celebrate the holiday with friends kind of like I would if I were back home with my family,” said House.



Decked out in old school camies one marine tries his hand at the rock wall challenge. In the rock wall challeng junior marines teamed up against Sgts. Maj. in a race against the clock and each other.

Flight surgeon becomes general surgeon for four units

STORY AND PHOTOS BY LANCE CPL. NIKKI M. FLEMING | 3rd MAW Combat Correspondent

AL ASAD, Iraq – After two months of training with the Sweathogs, their flight surgeon was given a new mission upon arriving at here.

Originally stationed at Naval Air Station Pensacola, Fla., Lt. Cmdr. Darian Rice, flight surgeon, Marine Wing Support Squadron 273, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing (Forward), became the Sweathogs' flight surgeon for their seven-month deployment. In addition, he also became the main surgeon for MWSS-373, 3rd Low Altitude Air Defense Battalion and their parent command, MWSG-37.

"The base's mission was changing," said Rice. "They needed an available surgeon to fill the position at the 3rd LAAD medical aid center. I was the highest ranking of three doctors that came with the Sweathogs. With my operational background, I was considered a good candidate for the position."

As a flight surgeon, his main role is to focus on the health of the aircrew. Being part of MWSG-37, Rice takes on the role of a general medical surgeon for a much larger group.

"The role I am taking over does not require me to be a flight surgeon," said Rice. "I am the officer-in-charge of the aid station, (which is) responsible for administrative work, as well as taking care of the service members. I provide medical advice to the commanding officers of both MWSG-37 and the Security Battalion, with regard to all medical matters affecting their company. I oversee the medical force protection,

which includes unit medical readiness, vaccinations, medical record maintenance, personnel assessment, coordinating all medical evacuations and referrals to physicians."

Even as his workload thickens, Rice has to be reached easily since he considers himself as the go-to guy.

"I'm on duty 24 hours a day, seven days a week," said Rice. "We have corpsmen to screen things, but if they need me, I have to be somewhere they can reach me. Luckily, my room is right across from the facility, so it becomes easier for my corpsmen to get a hold of me when I'm not there, especially at night."

With all the responsibilities on his plate, Rice plans strategically to stay focused on his mission.

"Although keeping track of all the units keeps me busy sorting things out and handling their medical issues, it makes time go by fast," said Rice. "With the lack of time, it boils down to priorities. I have a long list of things to do, and I create a deadline for them and try to keep them managed."

Developing the skills of those who work alongside him is also important to Rice.

"I provide guidance and training for the corpsmen of the medical department, and I support the professional development for all the corpsmen," said Rice.

Rice spends his free time doing more training, showing his corpsmen how important it is to expand their knowledge and abilities, according to Petty Officer 1st Class Jesus Mateos, corpsman, 3rd LAAD.

"He's been very flexible with us,

and although he was attached to the unit at the last minute, we are happy overall with his standards for us," said Mateos.

While working for several units, Rice tries to exert himself with every-

one in each unit and get to know the other medical personnel.

"I consider myself as a social guy," said Rice. "It's about accomplishing the mission and taking care of your people."

"He conducts himself very professionally and does not let any of his units down, even if he is stretched out a lot," said Mateos. "I believe he is doing a great job and will continue to do so the rest of his time out here."



Lt. Cmdr. Darian Rice has Cpl. Charles Abernathy lay down to allow him to check his abdomen at the aid center's sick call at Al Asad, Iraq, Oct. 6. Rice is a native of Pensacola, Fla., while Abernathy hails from Texas City, Texas.

AW

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Birthday
to the Brave
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of the
United States
Marine Corps**

THANK YOU



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3rd Marine Aircraft Wing



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Bush: American Indian Heritage Month

President Bush's proclamation on American Indian Heritage Month

The strength of our Nation comes from its people. As the early inhabitants of this great land, the native peoples of North America played a unique role in the shaping of our Nation's history and culture. During this month when we celebrate Thanksgiving, we especially celebrate their heritage and the contributions of American Indian and Alaska Native peoples to this Nation.

Since our Nation's birth, pluralism and diversity have been hallmarks of the American experience and success. In 1782, the Founding Fathers chose as our national motto "E Pluribus Unum," which means "out of many, one." Today, America's unity, derived from a mix of many diverse cultures and people, grandly embodies the vision expressed by our Founders. American Indian and Alaska Native cultures have made remarkable contributions to our national identity. Their unique spiritual, artistic, and literary contributions, together with their vibrant customs and celebrations, enliven and enrich our land.

As we move into the 21st century, American Indians and Alaska Natives will play a vital role in maintaining our Nation's strength and prosperity. Almost half of America's Native American tribal leaders have served in the United States Armed Forces, following in the footsteps of their forebears who distinguished themselves during the conflicts in Korea, Vietnam, and the Persian Gulf.

Their patriotism again appeared after the Sept. 11 attacks, as American Indian law enforcement officers volunteered to serve in air marshal programs. On the local level, American Indians and Alaska Natives are strengthening their communities through education and business development, opening the doors to opportunity, and contributing to a brighter future for all.

My administration will continue to work with tribal governments on a sovereign to sovereign basis to provide Native Americans with new economic and educational opportunities.

Indian education programs will remain a priority, so that no American child, including no Native American child, is left behind. We will honor tribal sovereignty and help to stimulate economic development in reservation communities. We will work with the American Indians and Alaska Natives to preserve their freedoms, as they practice their religion and culture.

During National American Indian Heritage Month, I call on all Americans to learn more about the history and heritage of the Native peoples of this great land. Such actions reaffirm our appreciation and respect for their traditions and way of life and can help to preserve an important part of our culture for generations yet to come.

Now, I, George W. Bush, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim November as National American Indian Heritage Month.

This month in Marine Corps history

Nov. 1, 1983

Three hundred Marines of the 22nd Marine Amphibious Unit staged an amphibious and helicopter landing on the island of Carriacou, 15 miles northeast of Grenada, in a search for Cuban military installations or personnel. 17 Grenadian soldiers were captured, and arms, ammunition, and training sites were found.

Nov. 10, 1921

This date marked the first formal commemoration of the birthday of the Marine Corps as 10 November. On 21 October 1921, Maj. Edwin McClellan, OIC of the Historical Section, HQMC, sent a memo to Maj. Gen. Commandant John A. Lejeune, suggesting that the original birthday of 10 November 1775 be declared a Marine Corps holiday to be celebrated throughout the Corps.

Nov. 27, 1950

In a carefully planned assault, eight Chinese Communist divisions in Korea launched a massive attack which had as its expressed purpose, the destruction of the 1st Marine Division. This action led to the successful southward Marine Corps attack out of the Changjin (Chosin) Reservoir to the coastal port of Hungnam.

Religious Services

The Chaplain's Office is located in building 5632 on Bauer Road and coordinates regularly scheduled worship services. For the location and meeting schedules of religious activities, contact the Chaplain's Office at 858-577-1333.

Sunday:

9:30 a.m. Protestant worship service
11 a.m. Roman Catholic Eucharist

Wednesday:

7 p.m. Baptist service

Monday-Friday:

11:30 a.m. Roman Catholic daily mass

Jewish:

7 p.m. First Friday of the month MCRD
7:30 p.m. Last Friday at Edson Range Chapel

Sempertoons

by Gunnery Sgt. Charles Wolf

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OKINAWA, Japan - Marines fast rope off the Camp Hansen rappel tower Oct. 17. More than 50 Marines with the Provost Marshal's Office participated in the Helicopter Rope Suspension Training. *Photo by Lance Cpl. Bryan A. Peterson*



REPUBLIC OF THE PHILIPPINES - U.S. and Filipino Marines ride in a combat rubberized reconnaissance craft (CRR) as they participate in a small craft patrolling exercise in Honda Bay, Palawan, during bilateral exercises Talon Vision and Amphibious Landing Exercise FY 2007, Oct 25. Approximately 150 Marines of A Company, Battalion Landing Team 1st Battalion, 5th Marine Regiment of the 31st Marine Expeditionary Unit along with their Filipino counterparts spent the day patrolling the coastal waterways. *Photo by Lance Cpl. Kamrin Sadaghiani*



ARLINGTON, Va. - Marines from Henderson Hall stand at attention and salute as a color guard from Marine Barracks Washington presents the National Ensign and Marine Corps colors Oct. 22 during the 23rd annual tribute to those killed on Oct. 23, 1983. Section 59 of Arlington National Cemetery is home to 21 service members who were killed in Beirut, Lebanon. *Photo by Sgt. Clinton Firstbrook*

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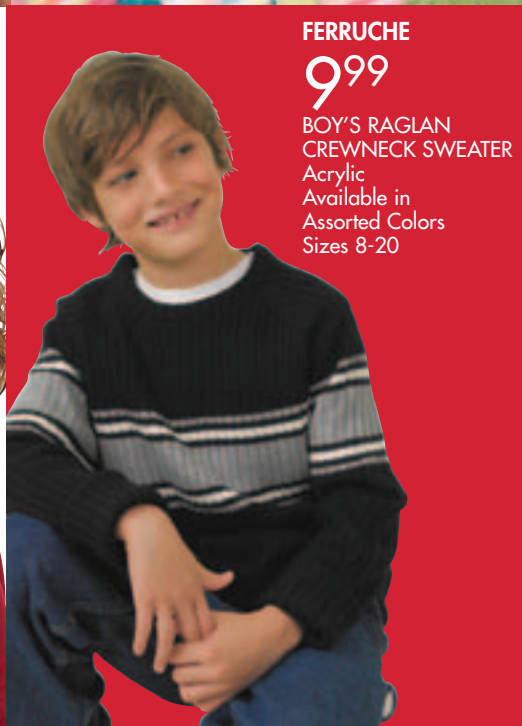
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Motorcycle Safety

Miramar cracks down on safety with 'Ride Right Program'

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In keeping with the Marine Forces Pacific "Ride Right Campaign," Marine Corps Air Station Miramar began its "Ride Right Program" on Oct. 16 with an all-bike inspection to verify motorcycle license/permit, MSF course completion, state registration, station registration, and current insurance.

The purpose of the new program is to increase leadership involvement and attempt to reverse the growing motor vehicle mishap trend that MARFORPAC is experiencing, according to Daniel Jaquez, safety specialist, MCAS Miramar.

"There were 25 serious motor vehicle accidents in fiscal year 2006, with 11 of them involving motorcycles," Jaquez said. "(MARFORPAC) service members sustained four motorcycles mishaps in September alone. The ratio is especially alarming when you compare the number of motorcycles that are being operated to four-wheeled vehicles."

Active-duty riders are required to be properly licensed, use proper protective equipment, have a current safety inspection and complete the motorcycle safety course. Commanders can only authorize a 30-day waiver to ride on base while awaiting completion of the course.

Additionally, Col. Christopher E. O'Connor, commander, MCAS Miramar, has elected to make more stringent requirements than Headquarters Marine Corps by requiring active-duty motorcy-

cle riders and passengers to wear the international orange, lime green, or yellow vest with two 1 1/2 inch-wide retro-reflective stripes at all times.

"Even if a service member is only thinking about learning to ride, but has a current driver's license, he should contact his training officer to get a

"The first step in solving this problem is to ensure that Marines and their leaders throughout the force are aware of, and obey all rules regarding the operation of motorcycles."

**Lt. Gen. John F. Goodman
Commander, MARFORPAC**

quota in the Basic Rider Course before buying a bike, Jaquez recommends. "They can use one of our loaner bikes for the course."

The office also offers training for ATV and dirt bike riders and offers free safety inspections for anyone interested or looking to purchase a used bike.

Although following the rules and providing classes is important, Jaquez noted, leadership focusing on their troops and identifying potential problems is equally as important.

"The first step in solving this problem is to ensure that Marines and their leaders throughout the force are aware of, and obey all rules and regulations regarding the operation of motorcycles," said Lt. Gen. John F. Goodman, commander, MARFORPAC.

Currently, there are openings in the course on November 14-15, 2006. There are also several openings in the Experienced Rider Course on November 16th.

"Motorcycling can be very rewarding when done properly," Jaquez said. "However, the risk is high when we operate the motorcycle outside of our limits or those of the machine."

For more information, contact Daniel Jaquez at the MCAS Miramar Safety Office at 858-577-8595.

ANNOUNCEMENTS

Veteran's Camp

The Miramar Stables will have a Veteran's Day Camp for beginners to advanced students to learn horsemanship skills, riding skills, and fun horse games Nov. 10 from 9 a.m. - 2 p.m. The day will cost \$75, but young campers can opt to pay \$40 for half the day.

For more information, contact 858-577-4139.

Knott's Berry Farm

For the sixteenth consecutive year, Knott's Berry Farm is offering free admission to active military personnel and a spouse or guest during its "Veterans and Military Tribute," until Nov. 23. Also, four hotels in Buena Park are offering special rates for the military.

For more information, contact 800-854-6031.

Discussion Group

The chaplain will conduct a monthly "Spirituality Discussion Group," beginning Nov. 16, 7 - 8:30 p.m. in classroom two of the Airman Memorial Chapel. The

group will meet and discuss classic works of Christian Spirituality and Mysticism,

For more information, contact 858-577-1758.

Hire Patriots Job Fair

Hirepatriots.com will be having a job fair at the Marine Corps Air Station Miramar Officers' Club on Nov. 8.

For more information, visit [http:// www. hirepatriots.com](http://www.hirepatriots.com).

Arabic Class

Miramar Community College would like to offer Arabic Language/Cultural Classes on base starting February. This course is normally scheduled for 16 weeks but can be shorter if necessary. This is a five credit course and the tuition costs will be covered for all active duty by tuition assistance. Any interested Marines or units need to contact the education center as soon as possible so a schedule can be created.

BASE MOVIE SCHEDULE

| | |
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| Friday: | 6:30 p.m. Little Miss Sunshine (R) |
| | 9:00 p.m. Crank (R) |
| Saturday: | 8:00 a.m. Swap Meet (8am-2pm) |
| | 6:30 p.m. The Covenant (PG-13) |
| | 9:00 p.m. *Crossover (PG-13) |
| Sunday: | 1:00 p.m. *Invincible (PG) |
| | 6:30 p.m. *Idlewild (R) |
| Wednesday: | 6:30 p.m. Flyboys (PG-13) |
| Thursday: | 2:00 p.m. Everyone's Hero (G) |
| | 6:30 p.m. Little Miss Sunshine (R) |

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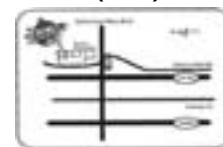
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Rest for the weary

Leave program gives deployed service members 'once-in-a-lifetime' opportunities

STORY BY CPL. JAMES B. HOKE | 3rd MAW Combat Correspondent

A year is a long time. In the middle of the desert of a war-torn environment, it can seem like an eternity. Luckily, service members have the opportunity to take a short, but much-needed break during their year-long deployment to Iraq.

"The Rest and Recuperation Leave Program is basically designed to give service members, serving 365 days in the area of operations, a break," said Staff Sgt. Paul N. Whelan, adjutant, Marine Air Control Group 38 (Reinforced), 3rd Marine Aircraft Wing (Forward). "They are authorized 15 days leave with the benefit of the military paying for travel to and from their leave address."

While most service members choose to take their two-week vacation back in the United States with their families and friends, the program also allows them to travel abroad.

"I went to Europe, because I'd never been there before," said Gunnery Sgt. Russell J. Murzyn, information assurance chief, 3rd MAW. "I knew that I would eventually be going back to San Diego, so I went to Europe instead."

"The leave program is great," the 36-year-old Minneapolis native added. "I recommend it for anyone, especially since we are out here for a year and they give you the opportunity to travel anywhere."

Apart from the travel expenses, this program also grants service members the opportunity to completely relax with their families and friends for a couple of weeks.

"It gives the service members some downtime and allows them to go home and see their families," said Whelan, a native of Manchester, Mich. "A lot of the junior Marines have never been away from home for more than a year in a foreign country. It helps to kind of fall back and regroup a little bit for those who are married or have families. It helps the families, too. Then, it gives those of us who are single an opportunity to travel throughout the world wherever we want to go and experience the diversity of culture."

Although this is the first year for the Marines to take advantage of this opportunity, leave programs like this one have been around since before Vietnam, according to Whelan, a Huron High School graduate.

"Generally speaking, with the Marine Corps, we only deploy for six months at a time, so it's been a while since Marines have deployed overseas for more than 365 days," said Whelan, who spent his two weeks of leave experiencing the post-soviet era of Moscow and St. Petersburg, Russia.

However, there are a few requirements for the service mem-

bers to meet if they choose to travel abroad rather than go home to see their families.

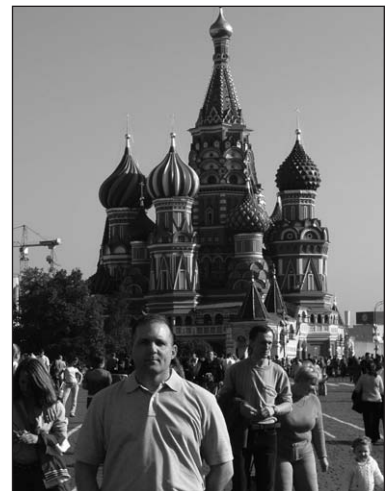
Leave participants traveling to locations other than Germany or the United States and its territories or commonwealths must have a civilian passport and visa, if needed, in their possession before departing the Multi-National Forces West area of operations, according to the Rest and Recuperation Leave Policy letter.

"I didn't have a current passport, as I had turned it in several years ago," said Murzyn, a Columbia Heights Senior High graduate. "When I arrived out here, I hadn't planned on doing the two weeks anywhere other than San Diego and Minnesota."

"I started the whole process to get a new passport issued to me," he added. "I flew to Baghdad to do my paperwork, combat camera took my photo for me, and the legal office verified that all of my paperwork was correct for my passport. It was a simple process."

While there are a few things service members must do to enjoy two weeks in foreign travel destinations, the requirements compare very little to the benefits.

"This is probably the best thing you can do while you are out here," Murzyn concluded. "Why not take the opportunity to do something you may never get the opportunity to do again? Why not travel to Europe, travel to Russia or enjoy some new place?"



TStaff Sgt. Paul N. Whelan poses for a photo in front of St. Basil's Cathedral in Moscow during his leave Sept. 24. Photo courtesy Staff Sgt. Paul N. Whelan



TGunnery Sgt. Russell J. Murzyn poses for a photo in front of Notre Dame during his two weeks of rest and recuperation leave at Paris July 21. Murzyn is the information assurance chief with 3rd Marine Aircraft Wing (Forward). Photo courtesy Gunnery Sgt. Russel J. Murzyn

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'Spooky' fun at the Sports Complex

Miramar Sports Complex holds a 'Spooky Spinning' class

STORY BY LANCE CPL. TAYLOR POULIN | MCAS Miramar Combat Correspondent

The Miramar Sports Complex organized a 'Spooky Spin' class Oct. 31 for the holiday Halloween.

"We wanted to do something fun for the people who come to our spin class at 11 a.m.," said Janis Rodriguez, athletic coordinator, Miramar Sports Complex. "Our instructors dressed up to give the class a little bit of Halloween feeling."

The spin instructor, Radka Willson was dressed in a pirate costume as she instructed the class.

The two-hour class started with a light spin warm-up, stretching out as many body parts as possible before starting the excruciating workout.

The class consisted of a non-stop cardiovascular challenge that pushed the willing partici-



pants bodies to its limits, leaving them feeling that they actually worked out.

Out of the ordinary from the

standard spin class the complex offers, this time the cyclers worked out with pirate instructor, in the dark, with a strobe light and moved to spooky music.

"We were hoping to have some new faces due to the set up," said Rodriguez. "We had a few more new names and plenty of people were poking their head in to see what was going on."

The Miramar Sports Complex wanted to hold something fun to do for Marines, sailors, DoD, civilians and families and the spooky spinning wasn't all they offered.

There were drawings where the staff from the complex gave out T-shirts and little gift bags.

There was also fruit and water for the participating spinners who needed hydration during the class.

"The class was an overall success," said Rodriguez. "We plan on doing more of the same in the future to keep these classes fun as possible."

"The setup, instructors and music were very motivating," said Alexandra Elliott, participant. "I can't wait until next year."

The Miramar Sports Complex has just added a new class after working hours for all who can't

attend on Thursdays at 5 p.m.

They also offer unit physical training sessions upon request.

For more information on the Semper Cycling classes or unit PT requests, contact the Miramar Sports Complex at 858-577-4129.



The 21 participants stand and ride through the tough two-hour spinning class Oct. 31 at the Miramar Sports Complex. The Miramar Sports Complex has just added a new class after working hours on Thursdays at 5 p.m. Photo courtesy of Lora Plavcan



Radka Willson, instructor for the of Semper Cycling class, watches her clients carefully making sure everyone is making progress and no one is hurting too bad. Willson dressed up as a pirate during the Spooky Spin class. Photo courtesy of Lora Plavcan

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